

Menu

The only home-delivered meal program
to offer choice of every meal...
we think you deserve it!



MOM'S
MEALS®



TO PLACE AN ORDER or if you have
comments or concerns, please call:

1-866-204-6111

M-F 7 AM to 6 PM CST

www.momsmeals.com

Carbs (g): Approximate grams of carbohydrates are shown for the **tray only** and the full meal

♥ **Heart-friendly:** <800mg Sodium <30% Fat <10% Sat. Fat

D **Diabetes-friendly** meals contain ≤67g of carbohydrates

ITEM	American Classics	CARBS (g)		
95299	UPDATE Salisbury Steak with Mushroom Gravy, Potatoes and Seasoned Mixed Vegetables, Whole Wheat Dinner Roll, Gelatin and Margarine —	34	69	
95146	Beef Stew and Buttermilk Biscuit, Orange and Oatmeal Raisin Cookie	34	79	
95154	 HOLIDAY MEAL Turkey Breast with Apple-Cranberry Sauce, Potato Medley and Seasoned Green Beans and Cookie <i>(Available for a Limited Time)</i> <i>Sliced turkey breast accompanied by savory apple and cranberry sauce (flavors include brown sugar, fruit juice, cider vinegar, ginger and sage) and served with a potato medley of red skinned and sweet potatoes. Tray also includes side of seasoned green beans.</i>	54	73	
95172	Homestyle Meatloaf with Potatoes and Seasoned Corn, and Whole Wheat Bread	50	63	D
95219	Swedish Style Meatballs with Creamy Mushroom Sauce over Pasta and Seasoned Green Beans and Whole Wheat Bread	46	68	D
95232	Chicken & Waffle and Peach Crisp, Syrup and Apple Juice —	58	101	♥
95255	BBQ Chicken with Potato Medley and Seasoned Green Beans and Applesauce —	44	56	♥D
95260	Beef Goulash over Whole Wheat Pasta and Seasoned Carrots and Orange	47	65	♥D
95291	UPDATE Beef Pepper Steak with Gravy over Penne Pasta and Spiced Blueberries & Apple Crisp	78	-	
95311	UPDATE Chicken with Mushroom Gravy, Potatoes and Seasoned Green Beans, Whole Wheat Bread and Grape Juice —	37	65	D
95716	Tuna Casserole and Buttermilk Biscuit and Gelatin	52	72	
95731	Chicken with Black Pepper Sherry Sauce, Rice Pilaf and Seasoned Broccoli and Pineapple Cup	43	58	♥D
95737	Turkey Meatballs and Garlic Basil Butter Sauce over Brown Rice and Seasoned Scandinavian Blend Vegetables and Applesauce Cup	53	65	♥D
95891	Creamy Macaroni & Cheese and Seasoned Vegetable Blend, Mandarin Orange Cup and Blueberry Applesauce —	43	79	

Soup or Sandwich





95065	Cheeseburger and Seasoned Mixed Vegetables, Whole Wheat Bun and Orange —	15	62	D
95124	Corn Chowder and Peaches with Cherries and Fudge Round	75	98	♥
95128	Pork Rib Patty with BBQ Sauce and Seasoned Country Blend Vegetables, Whole Wheat Bun and Grape Juice —	22	66	D
95280	Creamy Turkey & Wild Rice Soup and Brown Sugar Peaches, Gelatin and Vanilla Pudding	44	87	♥
95293	Chili Dog and Seasoned Vegetable Blend and Whole Wheat Coney Bun —	26	56	D
95315	Meatball Marinara Sandwich and Sweet Pineapple & Apple Crisp and Whole Wheat Bun	50	79	♥
95762	NEW Chicken Tortilla Soup and Cinnamon Apples, String Cheese and Cranberry Nut Snack Mix	52	65	D

— Customer Favorite

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ITEM	International Flavors	CARBS (g)		
95014	Pasta & Meatballs with Marinara Sauce and Seasoned Green Beans and Whole Wheat Dinner Roll	47	62	♥D
95060	Curry Vegetables with Pineapple and Brown Rice, String Cheese and Vanilla Pudding	68	91	
95062	Rotini with Marinara Sauce and Seasoned Scandinavian Blend Vegetables and Whole Wheat Dinner Roll	54	69	♥
95073	Chicken and Stir Fry Vegetables with Teriyaki Sauce and White Rice and Applesauce	58	70	♥
95085	Vegetarian Red Beans and Rice, String Cheese, Orange and Chocolate Pudding	62	102	♥
95095	Teriyaki Stir Fry Vegetables over Brown Rice and Sweet Pineapple & Apples, Orange and Triple Chocolate Cookie	91	135	♥
95109	Vegetable Primavera with Pasta and Sweet Pineapple & Apples and Whole Wheat Dinner Roll 	65	79	♥
95185	Sweet and Sour Chicken with Stir Fry Vegetables and White Rice, Grape Juice and Cookie 	63	97	♥
95188	Cheese Lasagna with Marinara Sauce and Spiced Fruit Crisp and Whole Wheat Bread 	81	95	
95238	Three Cheese Ravioli with Garlic Basil Butter Sauce and Seasoned Green Beans, Orange and Oatmeal Raisin Cookie	35	80	
95294	Beef Tacos with Cheese and Santa Fe Style Rice and Corn Tortillas 	51	66	♥D
95404	Chicken with Southwestern Vegetable Hash, Ranchero Sauce and Brown Rice	62	-	♥D
95734	Chicken Tikka Masala with Brown Rice and Peas and Carrots, Mandarin Orange Cup and Vanilla Pudding	53	92	♥
95746	NEW Pork Stir Fry Rice and Spiced Fruit Medley, Whole Wheat Bread and Peanut Butter	73	91	♥
95753	NEW Mushroom Risotto and Seasoned Peas & Carrots, Whole Wheat Roll and Grape Juice	53	82	♥
95765	NEW Cajun Style Pasta with Chicken and Cinnamon Apples and Chocolate Pudding	61	83	♥
95768	NEW Korean Style BBQ Meatballs with White Rice and Seasoned Broccoli and Cookie	55	74	

Breakfast Meals

95027	Biscuit & Pork Sausage Gravy and Gelatin	24	44	D
95130	Vegetable Egg Scramble and Peaches with Cherries, Whole Wheat Bread and Orange Juice	38	65	♥D
95158	Colby Cheese Omelet, Ham Patty and Spiced Fruit Medley, Orange Juice, Whole Wheat Bread and Margarine	33	60	D
95175	Ham, Egg and Cheese Scramble and Spiced Blueberries & Apples, Orange, Whole Wheat Bread and Peanut Butter	38	75	

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ITEM	Breakfast Meals (continued)	CARBS (g)		
95161	Colby Cheese Omelet, French Toast Sticks and Turkey Sausage Link, Syrup, Mandarin Orange Cup, Gelatin and Apple Juice —	21	100	♥
95229	Sausage, Egg & Cheese Breakfast Burrito and Cinnamon Apples and Flour Tortillas	40	66	D
95254	Cinnamon Apple Oatmeal and Scrambled Eggs, Orange Juice, Whole Wheat Bread and Margarine —	56	83	♥
95269	Waffle with Colby Cheese Omelet and Cranberries & Apples, Orange and Syrup	46	91	♥
95274	Breakfast Skillet (Pork Sausage, Scrambled Eggs, Potatoes, Cheese) and Spiced Fruit Crisp	63	-	D
95888	Whole Grain Pancakes, Pork Sausage Patty and Cranberry-Apple Crisp, Syrup and Orange Juice	68	109	
95919	Buttermilk Pancakes, Egg Patty and Cinnamon Apple Crisp and Syrup	84	111	♥
95924	Breakfast Sandwich (Pork Sausage, Egg, Cheese) and Brown Sugar Peach Crisp and Whole Wheat English Muffin —	33	57	D
95962	Turkey Sausage, Egg and Cheese Stuffed Biscuit and Spiced Fruit Crisp and Orange Juice	74	88	

— Customer Favorite

REFRIGERATE MEALS UPON ARRIVAL.

Please select the meals that are most appropriate for your dietary needs.

Menus are subject to change.

As with any kitchen, there are times when availability of ingredients can fluctuate due to seasonal changes causing us to utilize alternative options with like nutritional.



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